

October Menu General

Welcome to Ambrosia & Figs School Lunch Program

Ambrosia & Fig recognizes the significance of a well-balanced lunch. We consistently provide snacks and lunches that meet or exceed daily recommended nutritional requirements. Our recipes are thoughtfully developed to maximize nutritional value.

Our commitment to healthy nutrition is reflected in our choice of ingredients. We utilize enriched or whole grains exclusively, prioritize fresh organic fruits and vegetables when available, and our meats are nitrates and nitrite free.

Our Spaghetti provides 2 oz meat, 3/8 Cup Fruit and Vegetables



Monday, September	Tuesday,	Wednesday	Thursday October 1 st	Friday October 2 nd
	Our Jacksons Super Veggie Straws are made with real yellow peas brown rice, cassava, and sweet potato!	2% or Whole Milk served with Lunch	B: WG Apple Cinn Muffin Top L: Black Forrest Chicken Hogie W/Spinach & Swiss (G)(E)(D) Tofurky Spring Mix Hogie S: Fresh Fruit of the Day	B: Cereal Mix & Cranberries L: Cheese Pizza (G)(D) Mix Salad Ranch S: Fresh Fruit of the Day
Monday, October 5 th	Tuesday, October 6 th	Wednesday, October 7 th	Thursday, October 8 th	Friday, October 9 th
B: WG Pancakes L: Turkey Bolognese (G) Vegetarian Bolognese Bowtie Pasta Organic Tuscan Green Beans S: Fresh Fruit of the Day	B: Belvita Morning Bar & 100% Juice L: Breaded Chicken Nuggets Plant Based Nuggets Organic Corn S: Fresh Fruit of the Day	B: Cinnamon Raisin Bread L: Fajita Chicken Plant Based Fajita (G) ½ Enriched Tortilla Mexi Rice S: Fresh Fruit of the Day	B: Yogurt & Granola L: Wow Butter & Jelly Sandwich(G) Cucumber Slices S: Fresh Fruit of the Day	B: Chex Cereal L: Cheese Pizza (G)(D) Diced Carrot Pick-Ups S: Fresh Fruit of the Day
Monday, October 12 th	Tuesday, October 13 th	Wednesday, October 14 th	Thursday, October 15 th	Friday, October 16 th
SCHOOL CLOSED	B: Cinnamon Raisin Bread L: Cream of Tomato Soup (D) Grill Cheese S: Fresh Fruit of the Day	B: English Muffin L: Cheese Quesadilla Melted Cheese blend in a flour tortilla Ranchero Blend Corn S: Fresh Fruit of the Day	B: WG Apple Cinn Muffin Top L: Turkey Spring Mix Cheese Wrap Tofurky Spring Mix Cheese Wrap(G) Super Veggie Straws S: Fresh Fruit of the Day	B: Granola Bar L: Cheese Pizza (G)(D) Sliced Cucumbers S: Fresh Fruit of the Day
Monday, October 19 th	Tuesday, October 20 th	Wednesday, October 21 st	Thursday, October 22 nd	Friday, October 23 rd
B: WG Pancakes L: Cheese Tortellini (G)(D)(E) Tomato Marinara w 8 vegetables Steamed Broccoli S: Fresh Fruit of the Day	B: Belvita Morning Bar & 100% Juice L: Oven Browned Turkey & Gravy Seared Tofu Mini Carrot Coins S: Fresh Fruit of the Day	B: Cinnamon Raisin Bread L: Teriyaki Chicken Rice Bowl Tofu Teriyaki Japanese Vegetables S: Fresh Fruit of the Day	B: Scratch Peach Muffin L: Bistro Chicken Salad Croissant w/ Cranberries(G)(E) Vegetarian Bistro Salad Croissant Carrot Sticks S: Fresh Fruit of the Day	B: Cheerios & Blueberries L: Cheese Pizza (G)(D) Organic Corn S: Fresh Fruit of the Day
Monday, October 26 th	Tuesday, October 27 th	Wednesday, October 28 th	Thursday, October 29 th	Friday, October 30 th
B: WG Waffles L: Chicken Alfredo (G)(D) Mushroom Alfredo Penne Pasta Organic Peas & Carrots S: Fresh Fruit of the Day	B: Yogurt & Granola L: Grilled Chicken Sandwich Black Bean Burger WG Bun Waffle Fries S: Fresh Fruit of the Day	B: English Muffin L: Chicken Parmesan (G)(D) Original Vegetarian Chik'n Patty Tuscan Green Beans S: Fresh Fruit of the Day	B: WG Apple Cinn Muffin Top L: Chicken Caesar Salad Wrap w Romaine Lettuce Tofu Caesar Salad Wrap(G)(E)(D) Super Veggie Straws S: Fresh Fruit of the Day	B: Granola Bar L: Cheese Pizza (G)(D) Mix Salad Ranch S: Fresh Fruit of the Day

* **NUT FREE** – NO ADDED SUGARS – NO HFCS – CACFP COMPLIANT